


From: Barrett, Tanya
To: #Human Resources
Cc:
Subject: FW: EAP Support during this difficult time

Attachments:  Talking to Your Child About School Violence.pdf

Hi All,

In case any of the employees or your leaders are looking for resources related to this topic. Please see information below and the attached.

Thanks,
Tanya

*Director, HR Operations
HR Business Partners and Employee Benefits
Direct Line: 949-764-8774*

From: Sand, Emily R 46K [mailto:emily.sand@Cigna.com]
Sent: Tuesday, December 18, 2012 10:09 AM
To: Sand, Emily R 46K
Subject: EAP Support during this difficult time

Dear EAP partners,

The events which occurred on Friday, in Newton CT, have certainly shocked and saddened the entire nation. While the vast majority of us are not directly impacted, we collectively mourn the tragic loss of innocent students and faculty, at Sandy Hook Elementary School.

Stress reactions to such events can be both immediate **and** prolonged. We wanted to take a moment to remind you of the services and benefits available to you and your employees, through Cigna's Employee Assistance Program (EAP) - now, and in the coming weeks.

Please take a moment to remind your employees that EAP services are available to every employee, regardless of participation in other benefits. In addition, EAP services are available **anyone residing in the home of an employee**, regardless of relation, or coverage by other benefits.

- Unlimited telephonic consultation 24x7x365 – Our licensed clinicians are available around the clock to speak with your employees or their household members
- Face-to-Face counseling – Sessions with a Therapist or Social Worker are available, at no cost, to your employees and anyone residing in their home. An authorization for EAP face to face counseling sessions can be obtained by calling your designated EAP telephone number.
- Management consultation and support – If you, or a member of your management team are concerned about the performance, emotional well-being, or conduct of an employee, please remember that our Employee Assistant Consultants are here to support you. Your team does not have to navigate employee emotional or substance related issues alone. Whether a simple consultation or formal referral for evaluation, our team is here to support you, in supporting your employees' wellbeing.

During difficult times like these, we benefit from the support of one another. Sometimes, that support comes in the form of reminding those around us of the tools and resources that may be useful to them, during a difficult time. Cigna EAP is here to support the health, well-being, and productivity of you, and your team.

We have attached a document that may be useful to you, and your staff. This document, and more like it, are available on our Disaster Resource Center on CignaBehavioral.com.

Please do not hesitate to reach out to the EAP team for clinical or consultation services.

Regards,

Your Cigna EAP team